

# CDC PUBLIC HEALTH GRAND ROUNDS

## Be Antibiotics Aware: Smart Use, Best Care



Accessible version: <https://www.youtube.com/watch?v=Bb75IZgftCk>

May 15, 2018



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

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- After creating a TCEO account, click the “Search Courses” tab on the left and use “Public Health Grand Rounds” as a keyword search.
- All PHGR sessions eligible for CE should display, select the link for today’s session and then Continue button. Course Access Code is **PHGR10**.
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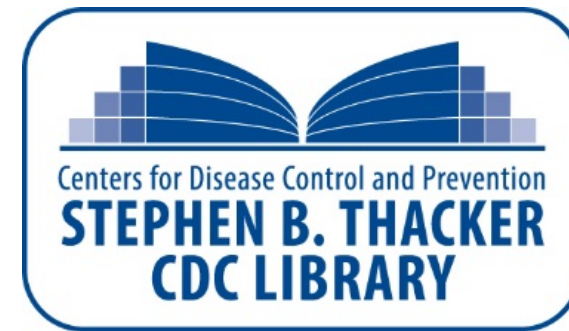
# Additional Resources

## Beyond The Data

**“Take home” messages in a short video at:  
[cdc.gov/grand-rounds](https://cdc.gov/grand-rounds)**



science**clips**  
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**Scientific publications about  
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Email [grandrounds@cdc.gov](mailto:grandrounds@cdc.gov) with any questions or for help locating the additional resources

# Today's Speakers and Contributors



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## Acknowledgments

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- Courtney Ware



**U.S. ANTIBIOTIC  
AWARENESS WEEK**  
November 12-18, 2018  
[www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use)



**BE  
ANTIBIOTICS  
AWARE**  
SMART USE. BEST CARE



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# CDC PUBLIC HEALTH GRAND ROUNDS

## Be Antibiotic Aware: Smart Use, Best Care



May 15, 2018



U.S. Department of  
Health and Human Services  
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Control and Prevention



# The Case for Antibiotic Stewardship



**Katherine Fleming-Dutra, MD, FAAP**

*Deputy Director, Office of Antibiotic Stewardship*

Division of Healthcare Quality Promotion

Centers for Disease Control and Prevention

# Life-saving Benefits of Antibiotics

- **Once deadly infectious bacterial diseases are treatable**
- **Important adjunct to modern medical advances**
  - Surgeries
  - Transplants
  - Cancer chemotherapies



# Antibiotic Resistance

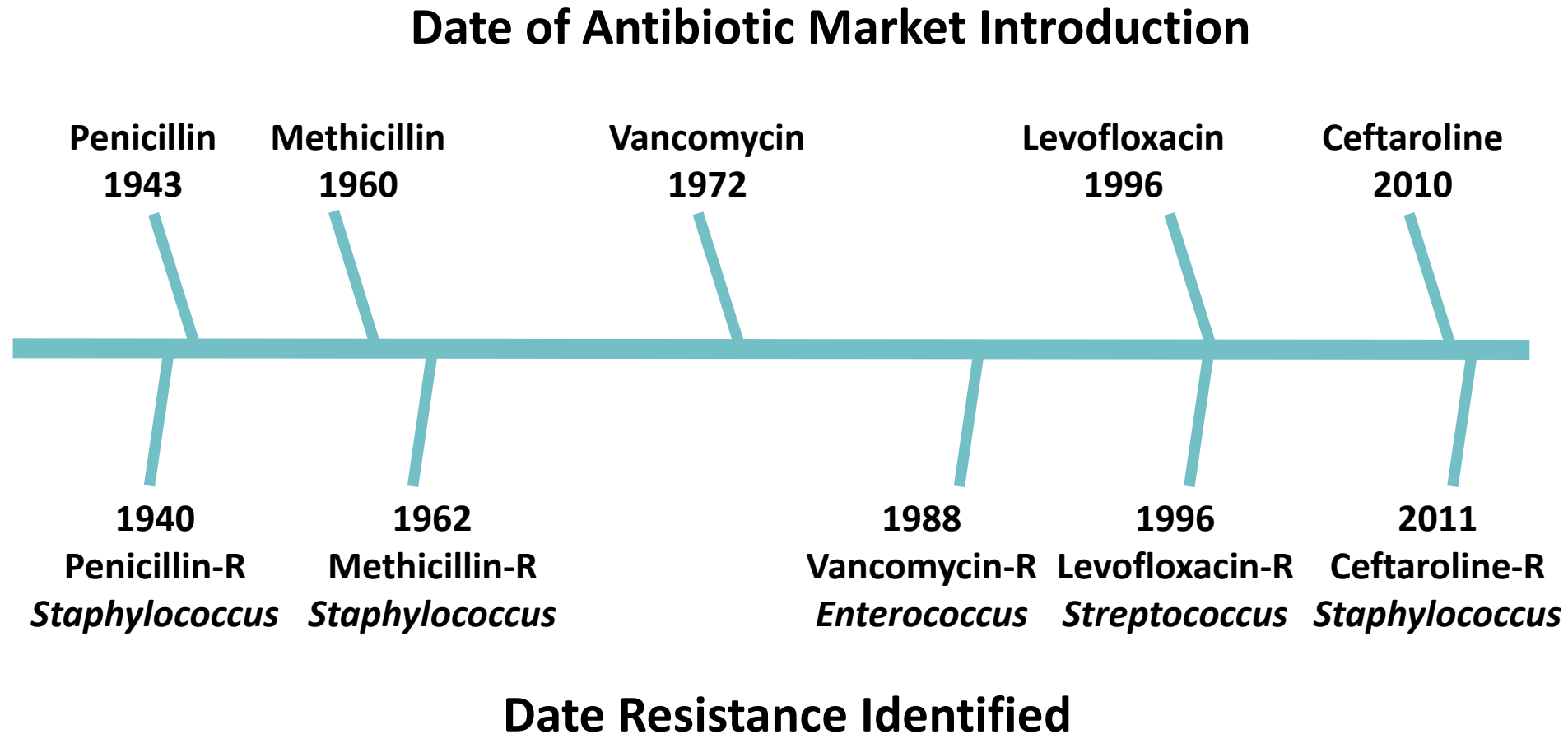
Estimated minimum number of illnesses and deaths caused annually by antibiotic resistance\*:

At least  **2,049,442** illnesses,  
 **23,000** deaths

*\*bacteria and fungus included in this report*

**Annual excess direct healthcare cost: \$20 billion**  
**Additional annual cost of lost productivity: >\$35 billion**

# Antibiotic Use Drives Resistance



# Unintended Consequences of Antibiotic Use: Adverse Events

- Adverse events range from minor to severe
- 200,000 emergency department visits occur nationally per year from antibiotic-associated adverse events
- Antibiotic use associated with allergic, autoimmune, and infectious diseases likely through disruption of the normal microbiome



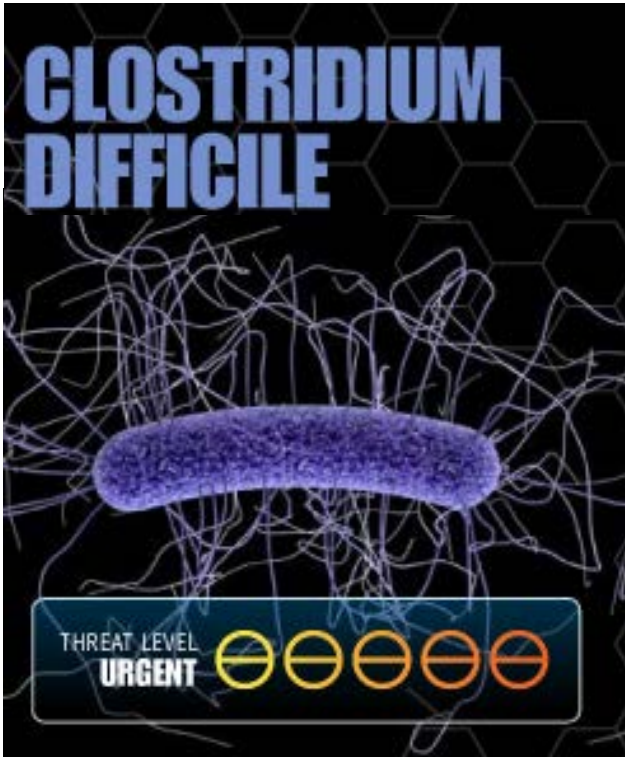
Linder JA. *Clin Infect Dis*. 2008 Sep 15;47(6):744–6

Shehab N, Lovegrove MC, Geller AI, et al. *JAMA* 2016;316:2115–25

Vangay P, Ward T, Gerber JS, et al. *Cell Host Microbe* 2015 May 13; 17(5): 553–564



# *Clostridium Difficile* Infection: Consequence of Antibiotic Use



- 453,000 infections and 15,000 deaths in the United States annually
- *C. difficile* infections can be recurrent and are costly and potentially fatal consequences of antibiotic use
- Prevention of *C. difficile* infections is key

# Antibiotic Stewardship

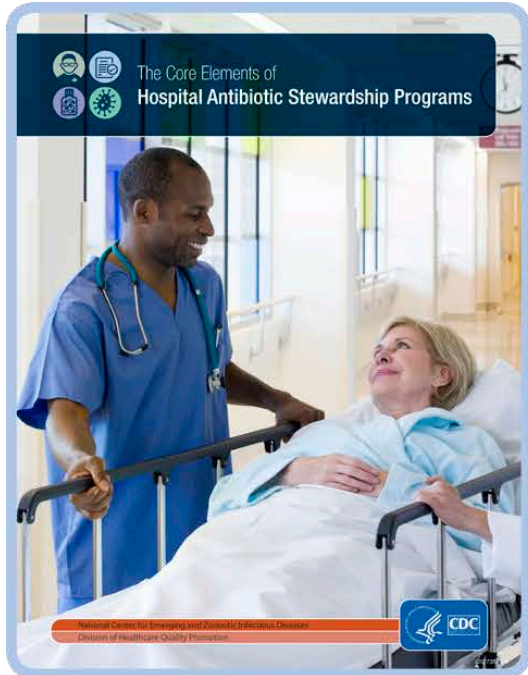
## ➤ Antibiotic stewardship is the effort to:

- Measure antibiotic prescribing
- Improve antibiotic prescribing so that antibiotics are prescribed and used only when needed
- Ensure prompt initiation of antibiotics when they are needed
- Ensure that the right drug, dose, and duration are selected when an antibiotic is needed

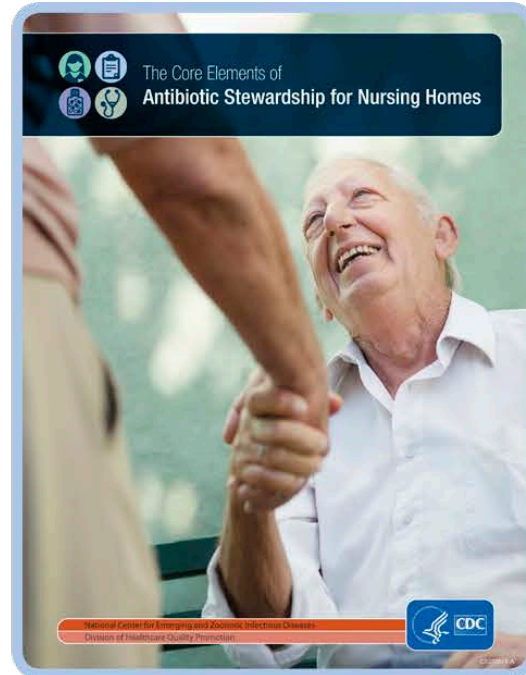


**It's about patient safety and delivering high-quality health care.**

# CDC's Core Elements of Antibiotic Stewardship



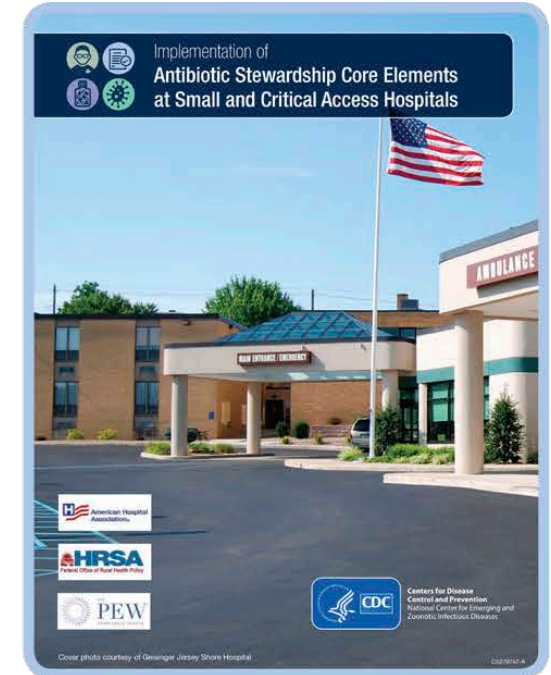
2014



2015



2016



2017

[www.cdc.gov/antibiotic-use/healthcare/implementation/core-elements.html](http://www.cdc.gov/antibiotic-use/healthcare/implementation/core-elements.html) [www.cdc.gov/longtermcare/prevention/antibiotic-stewardship.html](http://www.cdc.gov/longtermcare/prevention/antibiotic-stewardship.html)

[www.cdc.gov/antibiotic-use/healthcare/implementation/core-elements-small-critical.html](http://www.cdc.gov/antibiotic-use/healthcare/implementation/core-elements-small-critical.html)

[www.cdc.gov/antibiotic-use/community/improving-prescribing/core-elements/core-outpatient-stewardship.html](http://www.cdc.gov/antibiotic-use/community/improving-prescribing/core-elements/core-outpatient-stewardship.html)

# Antibiotic Expenditures for Humans by Treatment Setting from 2010–15: \$56.0 Billion

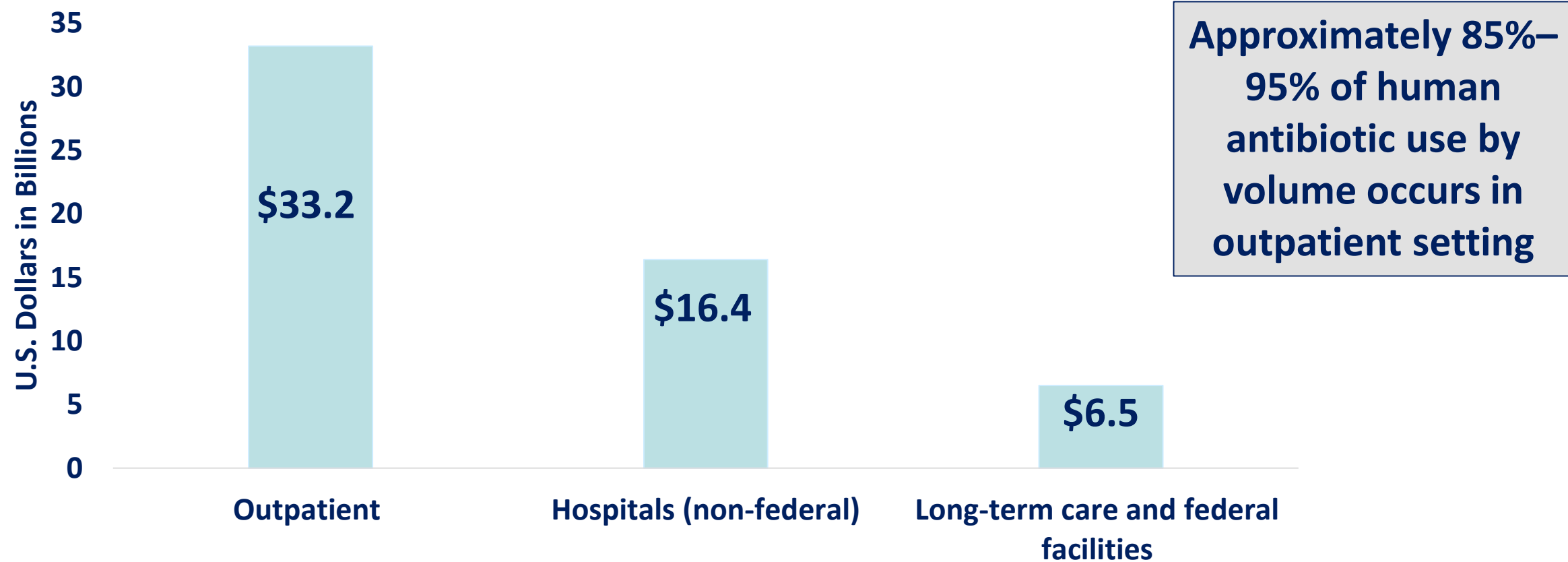
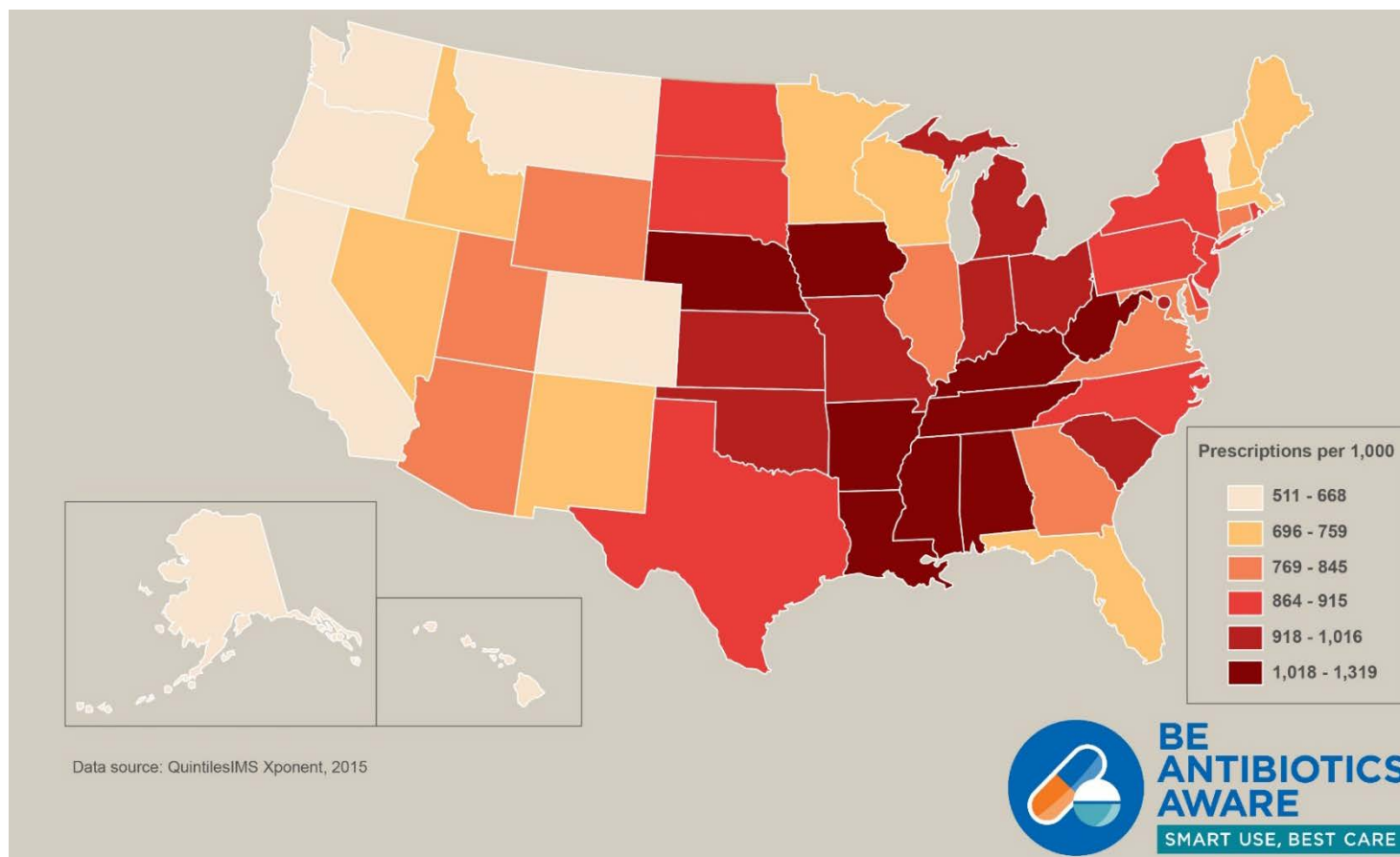


Figure created from data from: Suda K, Hicks L, Roberts R, et al. *Clin Infect Dis*. 2018 Jan;66(2):185–190

Duffy E, Ritchie S, Metcalfe S, et al. *J Clin Pharm Ther*. 2018 Feb;43(1):59–64

# 270 Million Antibiotic Prescriptions Dispensed in U.S. Outpatient Pharmacies, 2015

## Outpatient Antibiotic Prescriptions per 1,000 Population, 2015



[www.cdc.gov/antibiotic-use/community/programs-measurement/state-local-activities/outpatient-antibiotic-prescriptions-US-2015.html](http://www.cdc.gov/antibiotic-use/community/programs-measurement/state-local-activities/outpatient-antibiotic-prescriptions-US-2015.html)

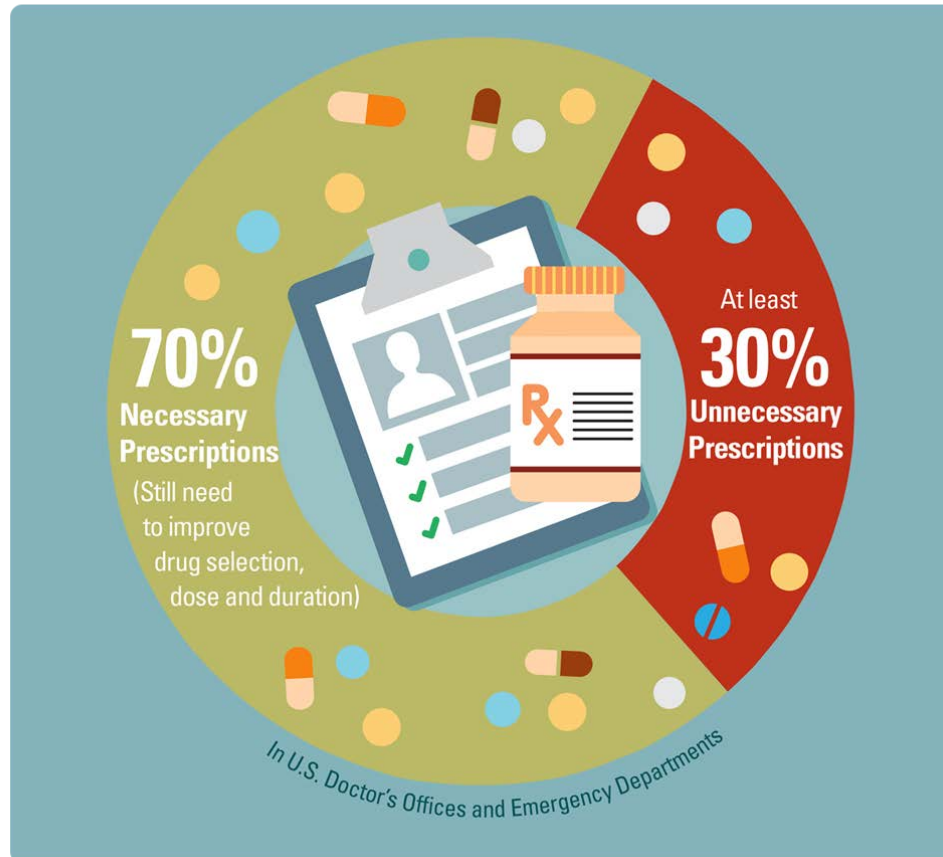


# National Goal for Improving Outpatient Antibiotic Use

## NATIONAL ACTION PLAN FOR COMBATING ANTIBIOTIC-RESISTANT BACTERIA

➤ **2020 Goal: Reduce inappropriate antibiotic use by 50% in outpatient settings**

# National Goal for Improving Outpatient Antibiotic Use



- **At least 30% of outpatient antibiotic prescriptions were unnecessary in 2010–11**
  - Respiratory infections (e.g., colds and bronchitis) were major drivers of unnecessary antibiotic use
- **National goal: Reduction of outpatient antibiotic use by 15% (half of the unnecessary 30%) by 2020**

# Improve Antibiotic Selection

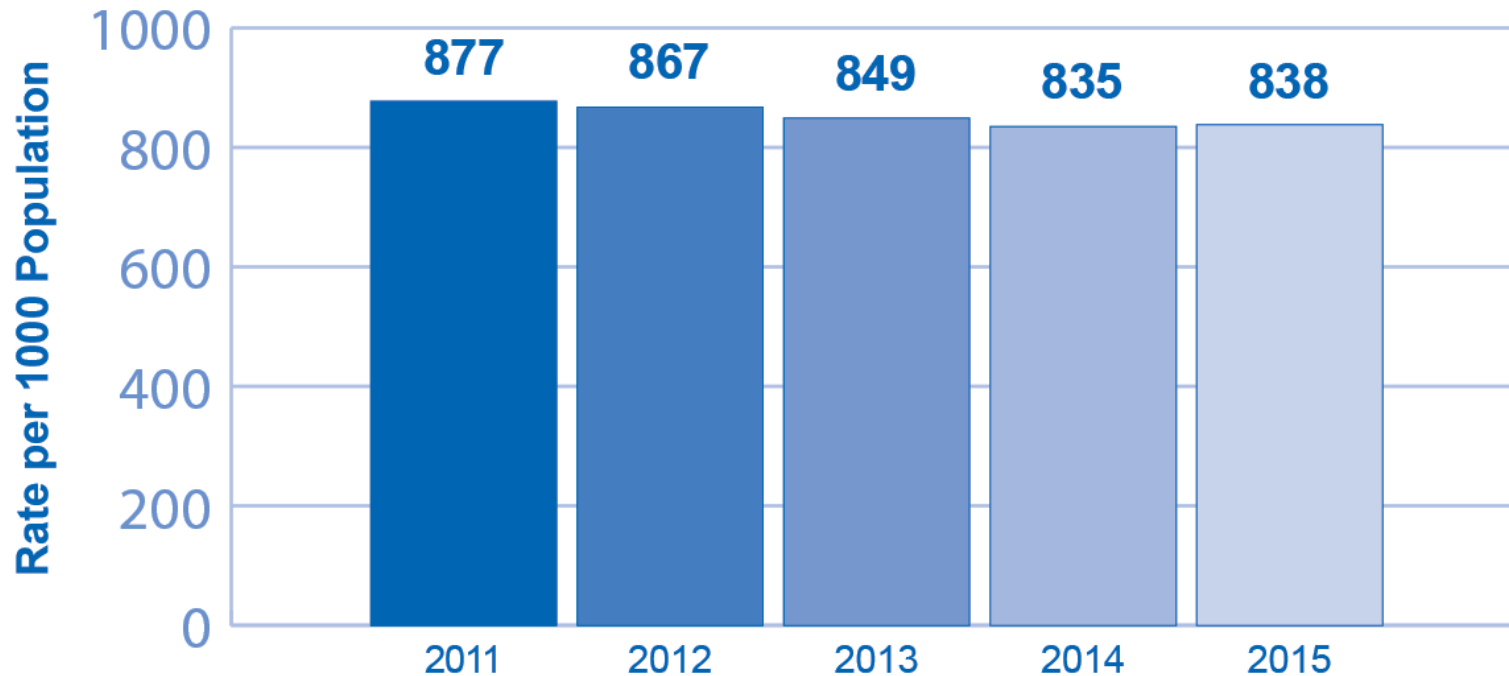
## ➤ Adults with sinusitis who are prescribed antibiotics:

- 37% receive first-line antibiotics (amoxicillin with or without clavulanate)
- 26% receive macrolides (e.g. azithromycin), which are not recommended
- 16% receive fluoroquinolones, which have higher risk of adverse events



# Are We Reducing Inappropriate Antibiotic Use?

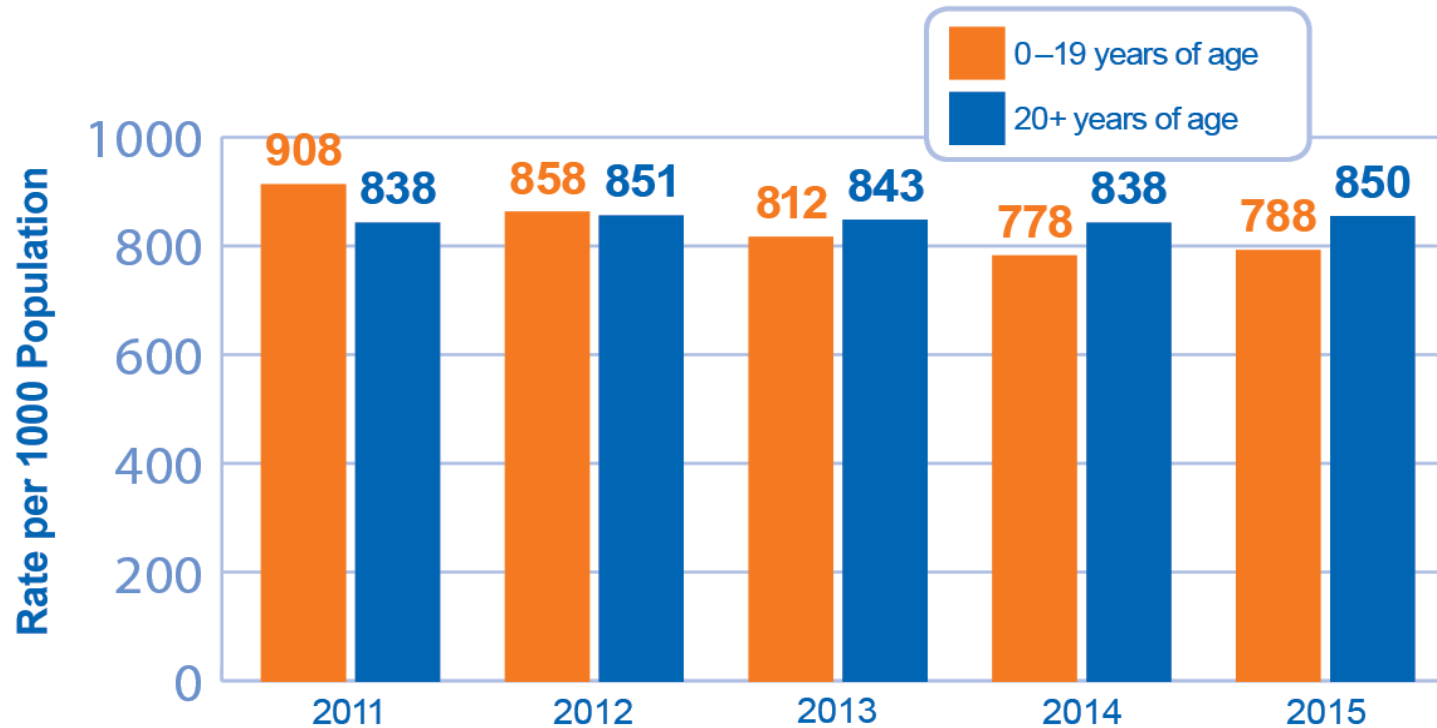
## Antibiotics Dispensed in U.S. Outpatient Pharmacies



- Outpatient antibiotic prescribing rates have decreased by 4% 2011–2015
- National goal: Reduce outpatient antibiotic use by 15% by 2020

# Are We Reducing Inappropriate Antibiotic Use?

Antibiotics Dispensed in U.S. Outpatient Pharmacies



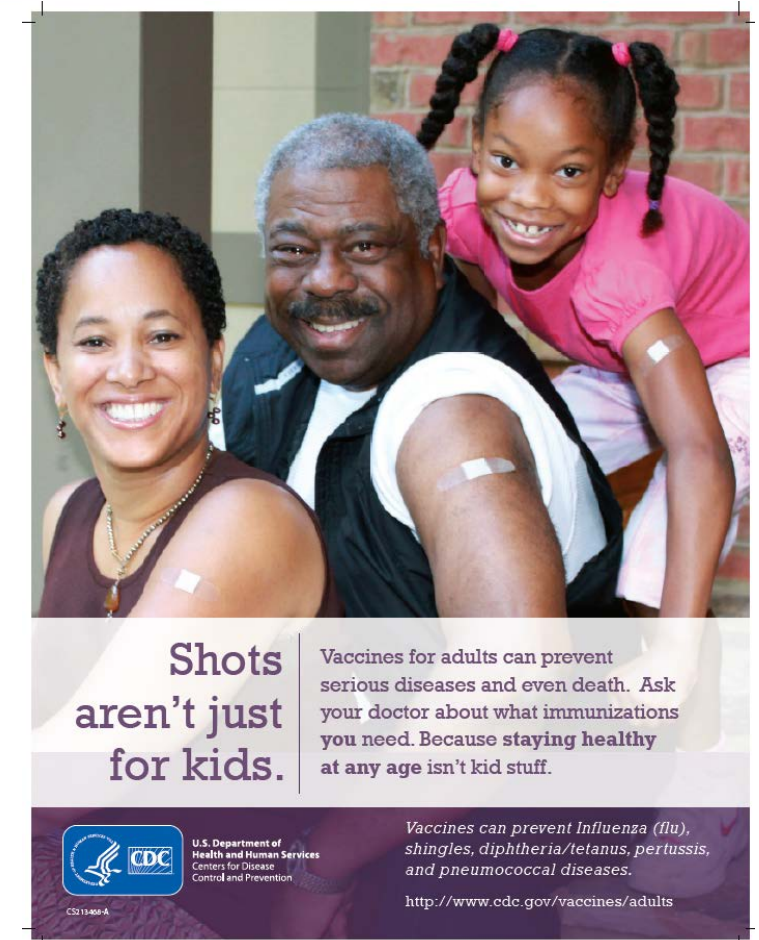
- Outpatient antibiotic prescribing rates to children decreased by 13%
- Outpatient antibiotic prescribing rates to adults have been stable



# Lessons Learned to Improve Antibiotic Use in Adults

## ➤ Vaccines are key antibiotic stewardship tools

- Pneumococcal conjugate vaccine (PCV) recommended for young children since 2000 in United States
- PCV led to decreases in pneumococcal infections
  - ❑ Common infections such as acute otitis media
  - ❑ Antibiotic-resistant pneumococcal infections
- Preventing disease is the first step in improving antibiotic use and combating antibiotic resistance



# Lessons Learned to Improve Antibiotic Use in Adults

- **Public health and clinicians who care for children have worked together to improve antibiotic use**
  - Pediatric professional societies have incorporated antibiotic stewardship principles into guidelines
    - ❑ Watchful waiting before deciding whether antibiotics are needed for certain infections
    - ❑ Narrow-spectrum antibiotics as first-line therapies
  - CDC has led educational efforts to improve antibiotic use among children since 1995



Lieberthal AS, Carroll AE, Chonmaitree T, et al. *Pediatrics* 2013 Mar;131(3):e964–99

Wald ER, Applegate KE, Bordley C, et al. *Pediatrics* 2013 Jul;132(1):e262–80

Bradley JS, Byington CL, Shah SS, et al. *Clin Infect Dis* 2011 Oct;53(7):e25–76

# Be Antibiotics Aware: Smart Use, Best Care

- Increased messaging for adult patients
- New efforts to reach clinicians who care for adults



**New CDC Training on Antibiotic Stewardship**

**Objectives:**

- Optimize antibiotic prescribing and use to protect patients and combat the threat of antibiotic resistance.
- Inform healthcare professionals about proper antibiotic use.
- Encourage open discussion among physicians and patients.

**8 hours of free CE:**

- Multiple online modules offered in 4 sections to be released throughout 2018.\*
- Open to all clinicians, pharmacists, physician assistants, nurses, certified health educators, and public health practitioners with an MPH.
- Fulfills Improvement Activities Patient Safety and Practice Assessment (PSPA)\_23 and PSPA\_24 under the Centers for Medicare & Medicaid Services Merit-Based Incentive Programs, or MIPS.

**Register:**  
<https://www.train.org/cdctrain/course/1075730>

U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

BE ANTIBIOTICS AWARE  
SMART USE, BEST CARE

\*Additional modules coming Spring & Fall 2018

20180211-A

# Summary

- **Improving antibiotic use through antibiotic stewardship is a key strategy to combat antibiotic resistance and improve patient safety**
- **Outpatient setting accounts for the majority of human antibiotic use**
  - At least 30% of antibiotic prescriptions are unnecessary
  - We also can improve antibiotic selection, dosing, and duration
  - Antibiotic prescribing rates have decreased for children, but not for adults
- **We need to improve antibiotic prescribing to adult patients using the lessons learned from progress in children**



# Improving Outpatient Antibiotic Prescribing for Adults



**Jeffrey A. Linder, MD, MPH, FACP**

*Professor of Medicine and Chief*

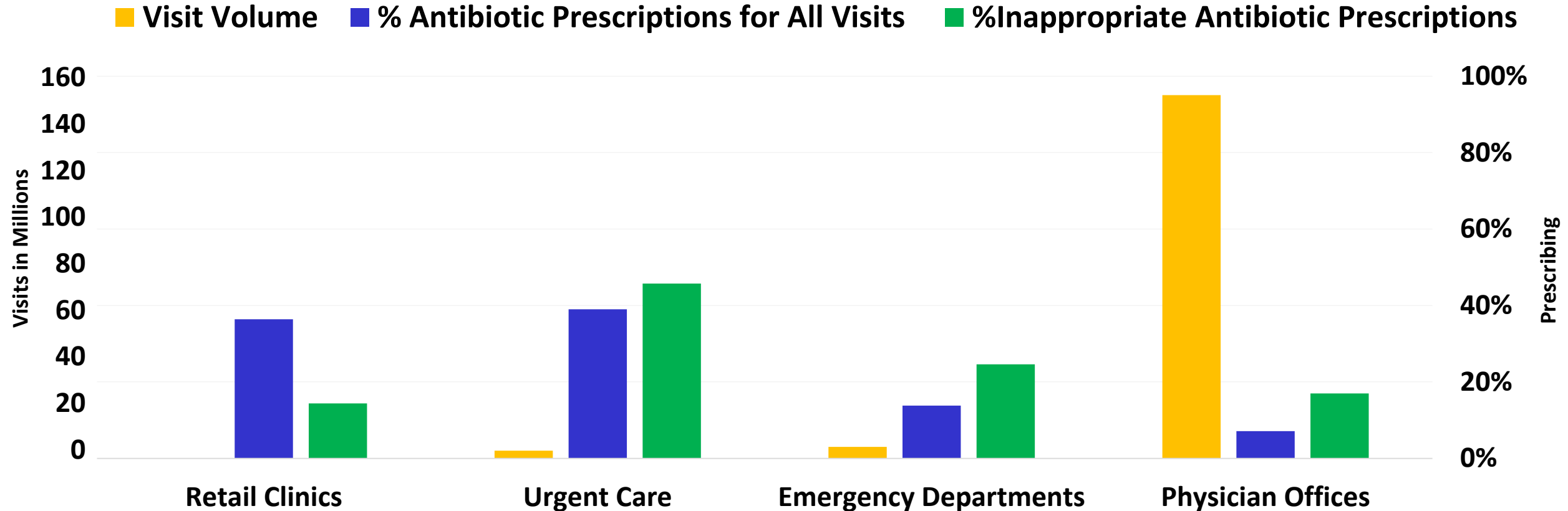
Division of General Internal Medicine and Geriatrics  
Northwestern University Feinberg School of Medicine



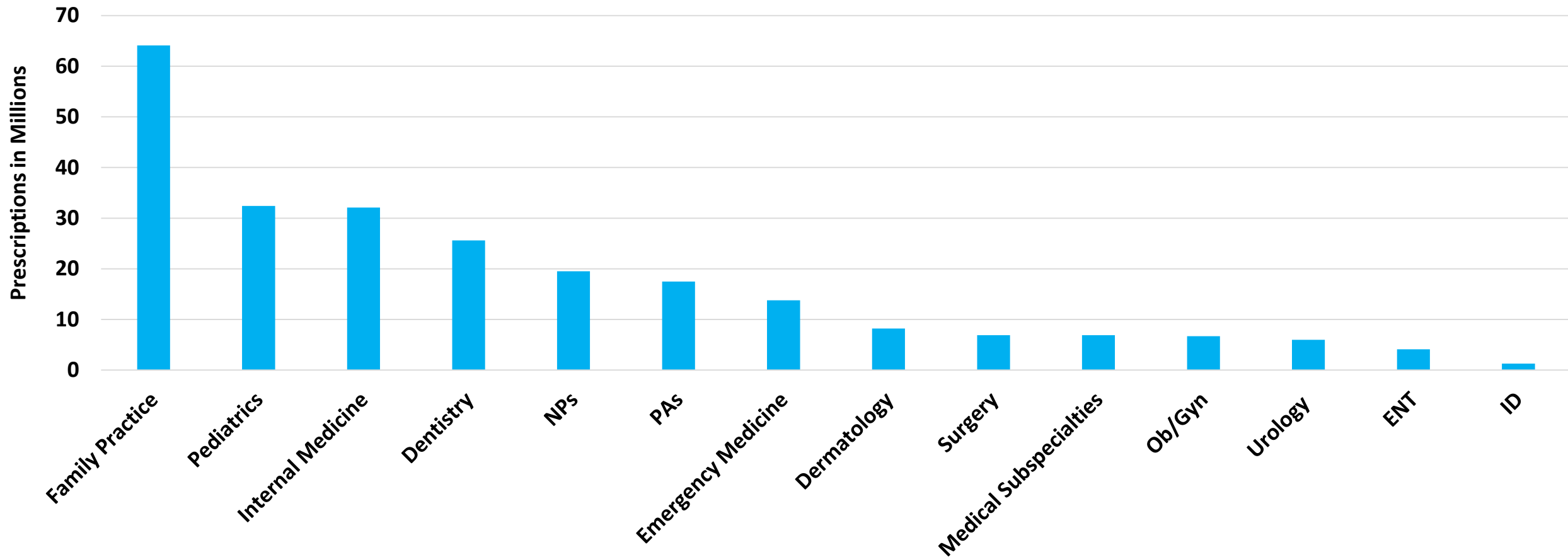
# Overview

- **Targets for Improving Outpatient Antibiotic Use**
  - Where?
  - Who?
  - For What?
- **Insights from behavioral science, behavioral economics, and social psychology**

# Targets: Where

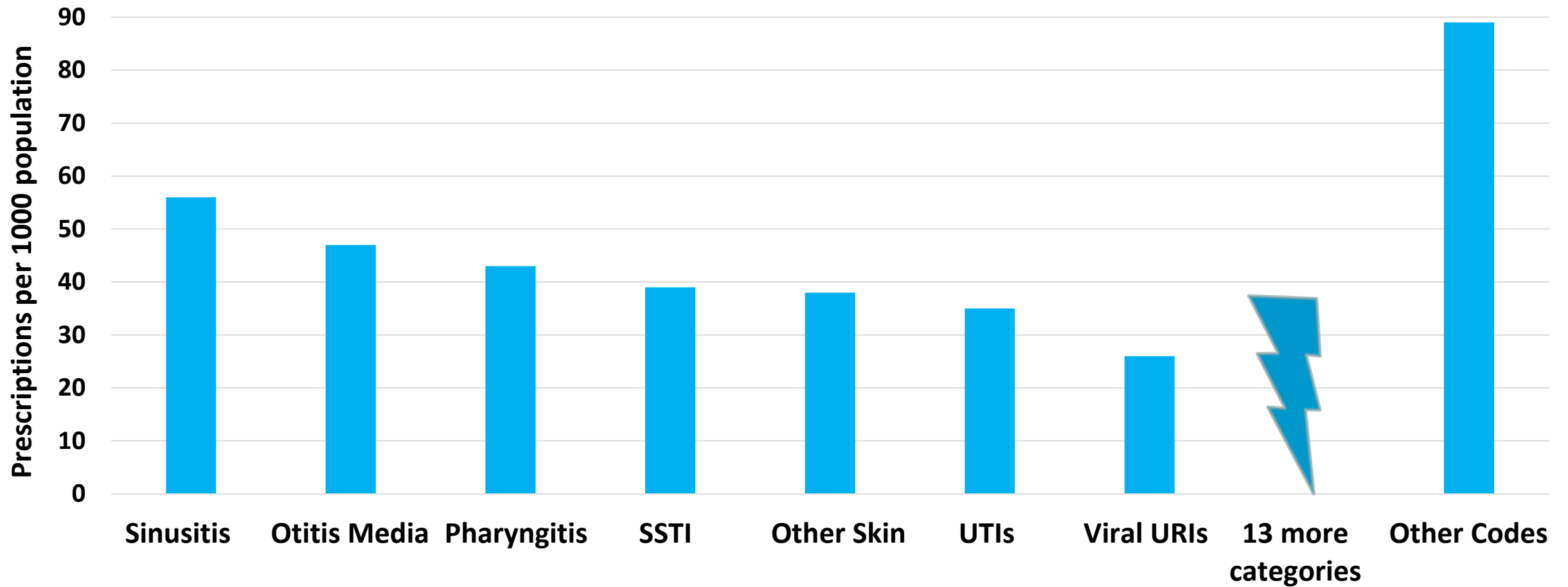


# Targets: Who



Hicks LA, Bartoces MG, Roberts RM, et al. *Clin Infect Dis* 2015 May 1;60(9):1308–16

# Targets: For What



Fleming-Dutra KE, Hersh AL, Shapiro DJ, et al. *JAMA* 2016 May 3;315(17):1864–73

# Intervention Goals

- **What is your target?**
  - Where?
  - Who?
  - For What?
- **What are you hoping to accomplish?**
  - What is your goal?
- **What intervention will you use?**

# Trying to Change Prescribing Behavior

- **Limited success of prior interventions**
- **Implicit model: clinicians reflective, rational, and deliberate**
  - Educate and remind interventions

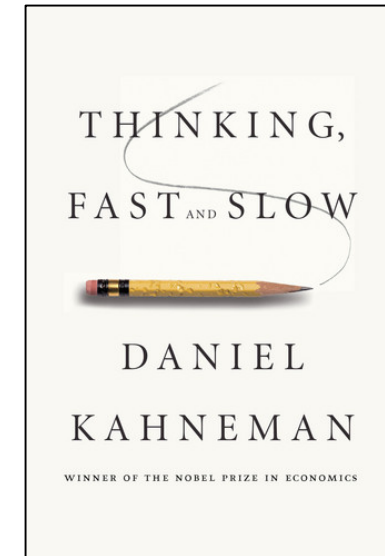
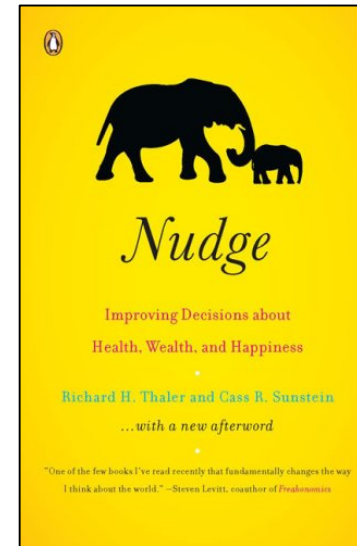




# Changing Prescribing Behavior

## ➤ Behavioral model: decisions fast, automatic, influenced by emotion and social factors

- Cognitive bias
- Self-image preservation
- Social motivation



# Factors Driving Antibiotic Prescribing

## Factors Driving Antibiotic Prescribing: Immediate and Emotionally Salient

- Belief that a patient wants antibiotics
- Perception that it is easier and quicker to prescribe antibiotics than explain why they are unnecessary
- Habit
- Worry about serious complications and “just to be safe” mentality

## Factors Deterring Antibiotic Prescribing: More Remote and Less Emotionally Salient

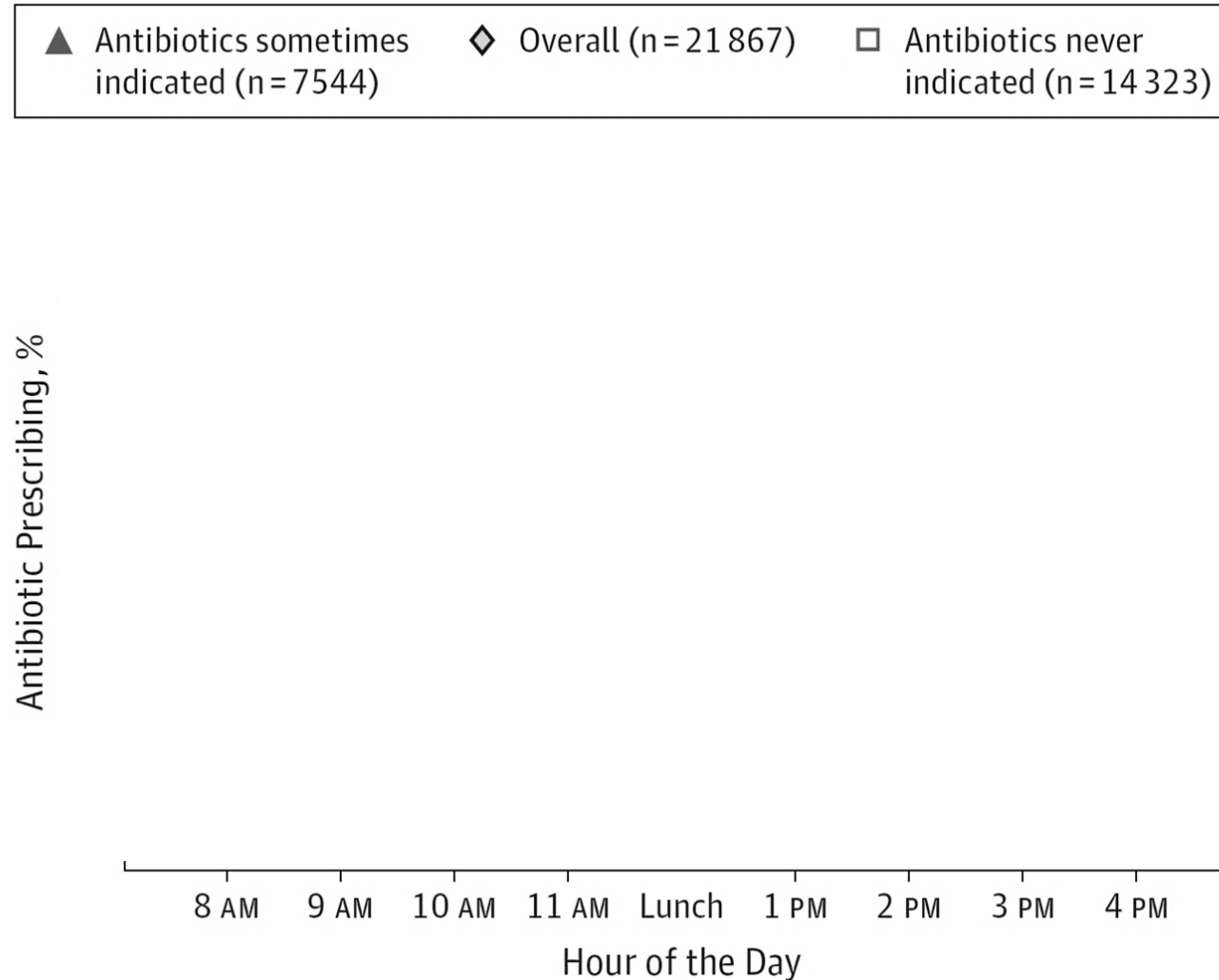
- Risks of adverse reactions and drug interactions
- Recognizing the need for antibiotic stewardship
- Desire to deter low-value care and decrease unnecessary health care spending
- Prefer to follow guidelines

# Effective Behavior Change

## ➤ **Insights from behavioral science, behavioral economics, and social psychology**

- Decision fatigue
- Precommitment
- Accountable justification
- Peer comparison

# Antibiotic Prescribing by Hour of the Day



# Pre-commitment Poster

## Safe Antibiotic Use: A Letter From Your Medical Group

Dear Patient,

We want to give you some important information about antibiotics.

Antibiotics, like penicillin, fight infections due to bacteria that can cause some serious illnesses. But these medicines can cause side effects like skin rashes, diarrhea, or yeast infections. If your symptoms are from a virus and not from bacteria, you won't get better with an antibiotic, and you could still get these bad side effects.

Antibiotics also make bacteria more resistant to them. This can make future infections harder to treat. This means that antibiotics might not work when you really need them. Because of this, it is important that you only use an antibiotic when it is necessary to treat your illness.

How can you help? Carefully follow your doctor's advice on when you should or should not take antibiotics.

When you have a cough, sore throat, or other illness, ask your doctor for the best possible treatments. If an antibiotic is needed, your doctor will explain this to you, and you should take it exactly as directed.

Your health is very important to us. As your doctors, we promise to treat your illness in the best way possible. We are also dedicated to avoid prescribing antibiotics when they are likely to do more harm than good.

## El Uso Seguro de Antibióticos: Una Carta de su Grupo Médico

Estimado Paciente:

Queremos compartir información importante con usted sobre los antibióticos.

Los antibióticos como la penicilina ayudan a combatir infecciones debido a bacterias que pueden causar serias enfermedades. Pero estas medicinas también tienen efectos secundarios como erupciones de la piel, diarrea, o infecciones por hongos de levadura. Si sus síntomas son debidos a un virus y no por una bacteria, no se mejorará con un antibiótico, y usted aún puede obtener estos efectos secundarios no deseables.

Los antibióticos también pueden hacer la bacteria más resistente a ellas. Esto hará que infecciones en el futuro sean más difíciles de tratar. Eso significa que los antibióticos no trabajarán cuando ustedes en realidad necesitan que funcionen. Por eso es importante que solo los tomen cuando sea necesario.

**Your health is very important to us. As your doctors, we promise to treat your illness in the best way possible. We are also dedicated to avoid prescribing antibiotics when they are likely to do more harm than good.**

mejor para usted.

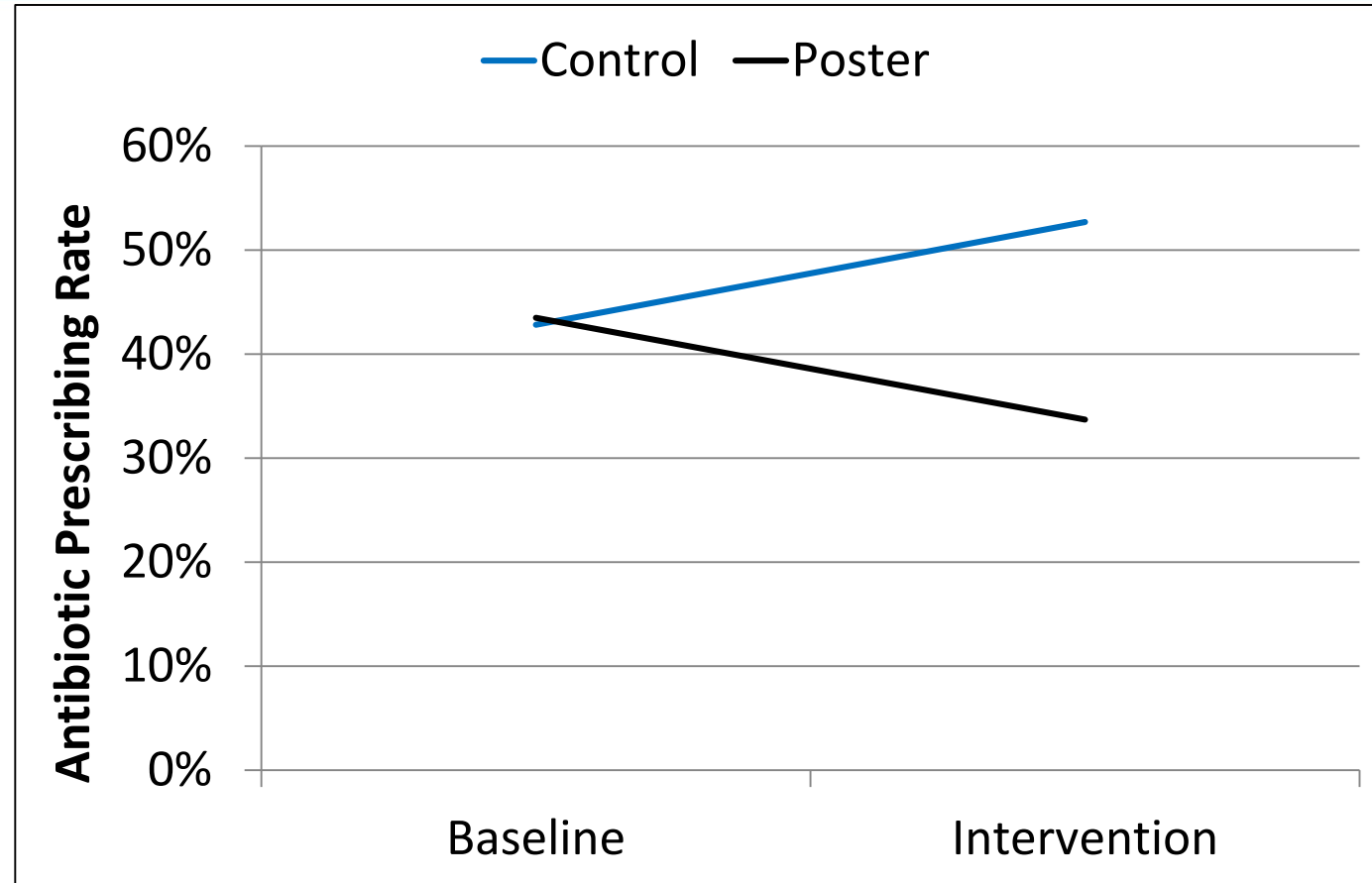
Su salud es importante para nosotros. Como sus doctores, nosotros prometemos tratar su enfermedad en la mejor manera posible. También nos comprometemos a no recetar antibióticos cuando sea probable que no ayuden y solo causen efectos secundarios.

# Pre-commitment Poster: Methods

- **Randomized 14 clinicians**
  - Stratified by high-and low-prescribing
- **48-week baseline**
- **12-week intervention**
- **954 non-antibiotic-appropriate acute respiratory infection visits**



# Pre-Commitment Poster: Results



**Adjusted difference-in-differences: -20% (-6% to -33%)**

# Commitment Posters

- CDC Core Elements of Outpatient Stewardship (2017)
- EU Draft Guidelines for Antibiotic Stewardship
  - Illinois Department of Public Health
  - New York State Department of Health

## New York State Department of Public Health Commissioner



# Accountable Justification

BestPractice Advisory - Zztest,Bearistudyfive


▼ Text Alerts (1 Advisory)

Antibiotics are not generally indicated for acute bronchitis

▼ Justifications (1 Advisory)

You have prescribed antibiotics for a likely viral diagnosis. Please click the Enter Justification button below and write your justification for prescribing antibiotics in the comment box. This justification will be entered into the patient's record.

If you do not enter a justification into the comment box, the phrase "No justification for prescribing antibiotics was given." will appear in the patient's record. Click Accept when you are finished.

Acknowledge reason: Not Done-Medical Reason  [Close](#)

Patient has asthma.

[Click this box and enter ARI justificati...](#)

Accept & Stay Accept Cancel

Meeker D, Linder JA, Fox CR, et al. *JAMA* 2016 Feb 9;315(6):562–70

Linder JA, Meeker D, Fox CR, et al. *JAMA* 2017 318(14):1391–1392

# Peer Comparison

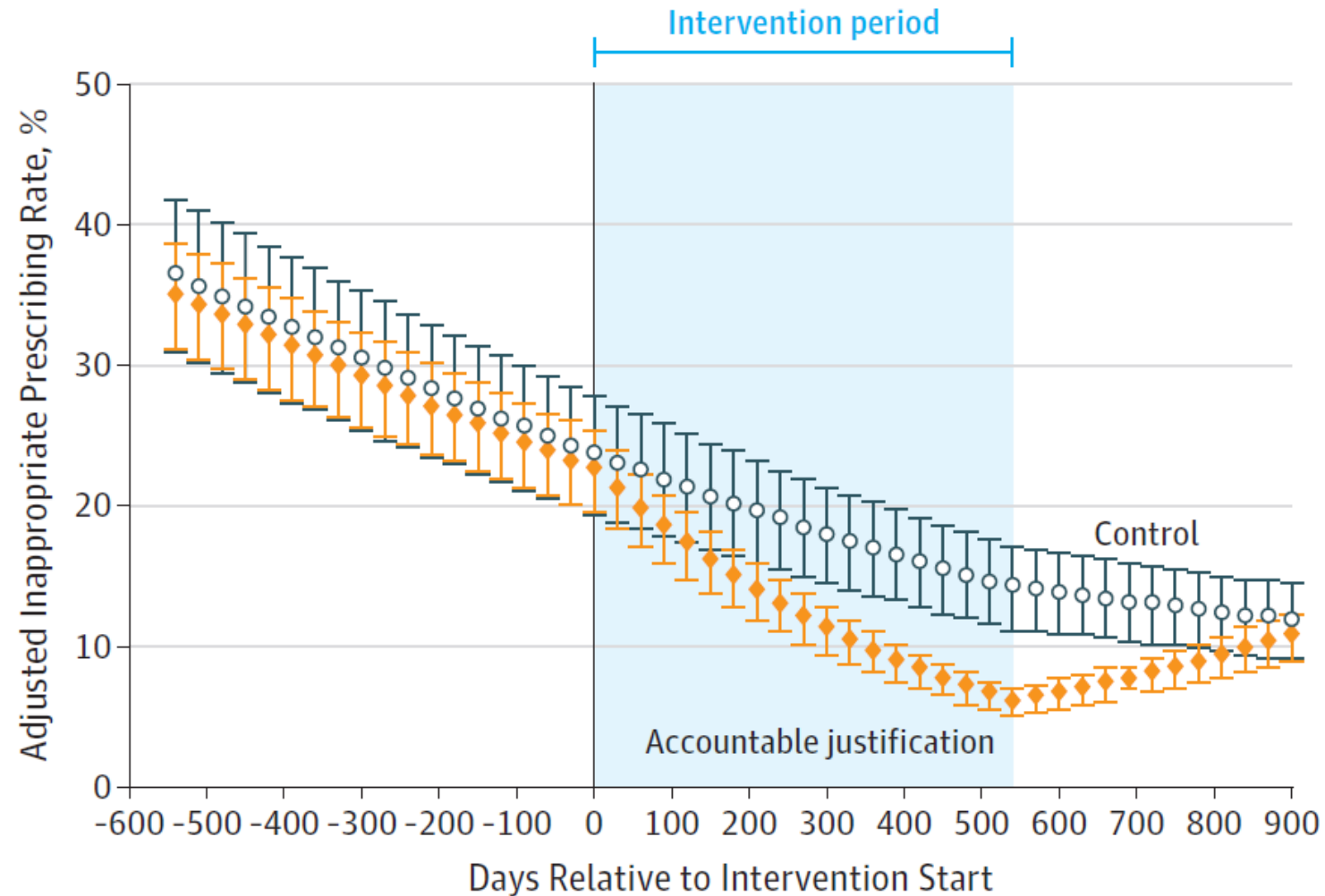
## ***“You are a Top Performer”***

You are in the top 10% of clinicians.  
You wrote 0 prescriptions out of 21  
acute respiratory infection cases  
that did not warrant antibiotics.

# Accountable Justification and Peer Comparison

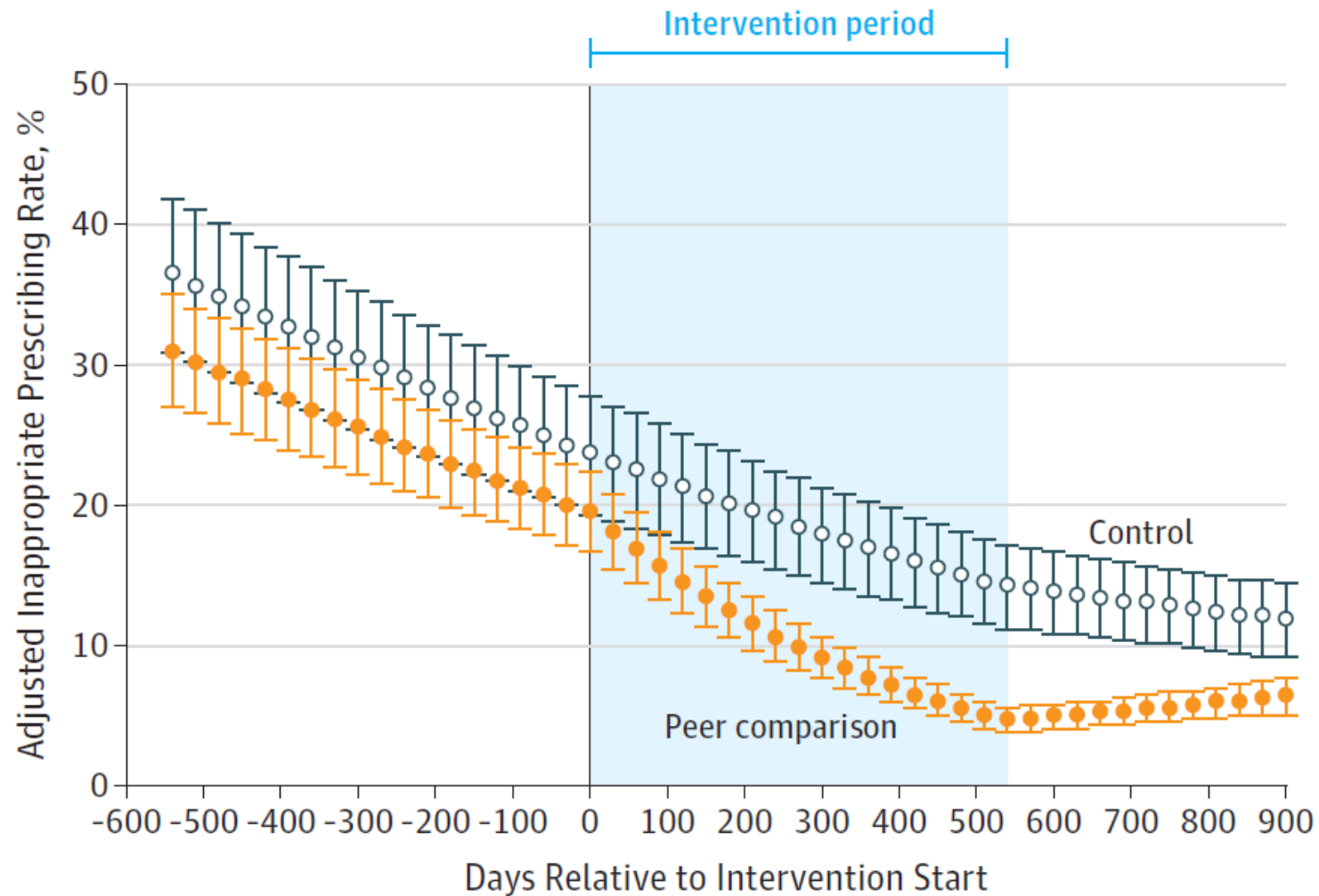
- **Design:** practice-clustered, randomized controlled trial
- **Setting:** 47 primary care practices with 248 clinicians
- **Primary outcome:** antibiotic prescribing for non-antibiotic-appropriate diagnoses
- **Timing:** pre-intervention, intervention, and post-intervention periods

# Accountable Justification: Results





# Peer Comparison: Results



# Summary

## ➤ **Targets for Improving Antibiotic Use**

- Where?
- Who?
- For What?

## ➤ **Effective behavior change: insights from behavioral science**

- Decision fatigue
- Precommitment
- Accountable justifications
- Peer comparison

# Antibiotic Stewardship Policies



**David Hyun, MD**  
*Senior Officer*  
Antibiotic Resistance Project  
The Pew Charitable Trusts

# Role of Policies for Antibiotic Stewardship

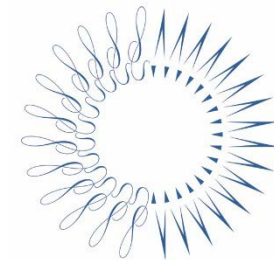
- **Promote and encourage antibiotic stewardship programs and activities**
- **National, state, and local policies**
- **Governmental and nongovernmental organizations**

## CDC Core Elements *Antibiotic Stewardship*



# Antibiotic Resistance Project, The Pew Charitable Trusts

- **Nonprofit, non-partisan, nongovernmental**
- **Develop policy solutions about antibiotic innovation and stewardship for human health care and animal agriculture policy**
- **Conduct research to identify need, feasibility, and sustainability of stewardship policies**
- **Gather stakeholders to identify collaboration opportunities and using public–private partnerships**
- **Communicate to policymakers and public**

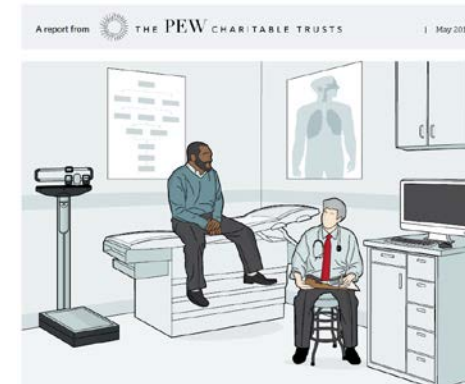


THE  
**PEW**  
CHARITABLE TRUSTS



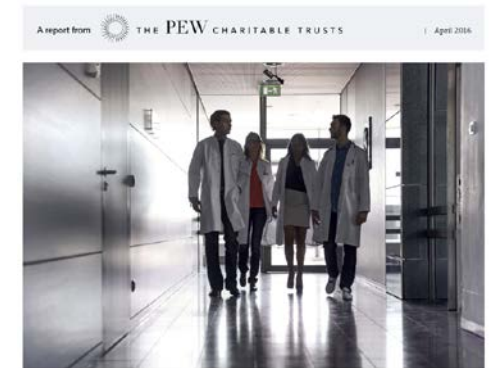
# Antibiotic Stewardship Policies for Specific Healthcare Settings

- Acute care hospitals
- Long-term care facilities
- Outpatient settings



## Antibiotic Use in Outpatient Settings

Health experts create national targets to reduce unnecessary antibiotic prescriptions



## A Path to Better Antibiotic Stewardship in Inpatient Settings

10 case studies map how to improve antibiotic use in acute and long-term care facilities

# California Policies for Antibiotic Stewardship

## ➤ California: First to legally require acute care hospitals to implement antibiotic stewardship programs

**2006**

**“Require that general acute care hospitals develop a process for evaluating judicious use of antibiotics, the results of which shall be monitored jointly by appropriate representatives and committees involved in quality improvement activities”**

**2014**

**“...implement an antimicrobial stewardship policy in accordance with guidelines established by the federal government and professional organizations.”**

**“...multidisciplinary antimicrobial stewardship committee...”**

**“...at least one physician or pharmacist who is knowledgeable about the subject of antimicrobial stewardship...”**

# California Department of Public Health (CDPH)

- **CDPH Licensing and Certification Program assesses compliance through licensing surveys**
- **California Antibiotic Stewardship Initiative**
  - Develop and refine definitions and components of hospital antibiotic stewardship programs
  - Provide resources and support for hospitals implementing antibiotic stewardship programs

# Missouri Policies for Antibiotic Stewardship

## ➤ **Missouri – State Bill 579, 2016**

- Requires antibiotic stewardship programs in acute care hospitals
- “...evaluating the judicious use of antibiotics, especially antibiotics that are the last line of defense against resistant infections.”
- Requires facility-level antibiotic use and resistance reporting into the National Healthcare Safety Network

# National Policies for Antibiotic Stewardship

## ➤ The Joint Commission

- Accredits 77% of U.S. hospitals
- Beginning in January 2017, new standards requiring antibiotic stewardship programs applied to accreditation surveys for acute care hospitals, critical access hospitals, and nursing care centers
- The standards align with the CDC's Core Elements for Hospital Antibiotic Stewardship Programs

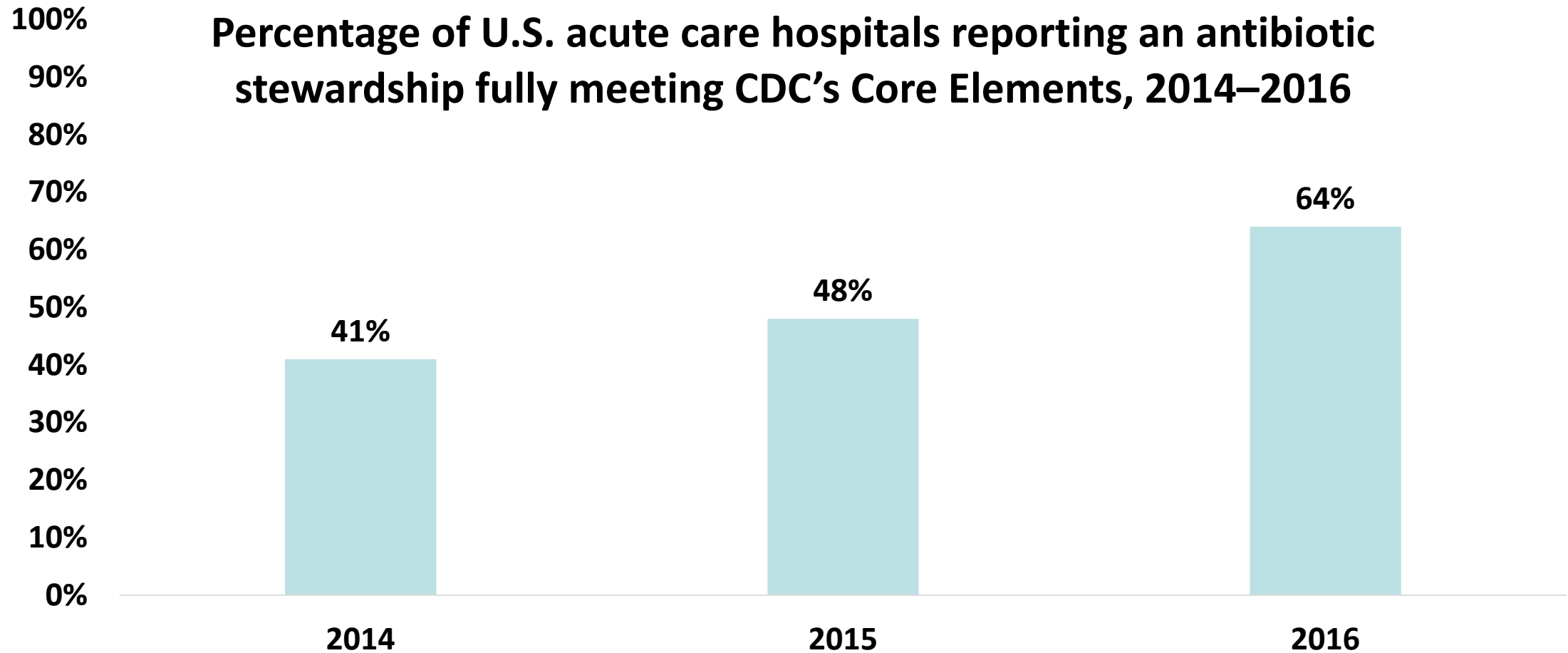


# National Policies for Antibiotic Stewardship

## ➤ **The Joint Commission Antibiotic Stewardship Standard**

- Prospective tracking of survey results specific to the stewardship standards
- Collection of feedback from surveyors and hospitals
- Continued adjustments and refinement of standards and survey metrics

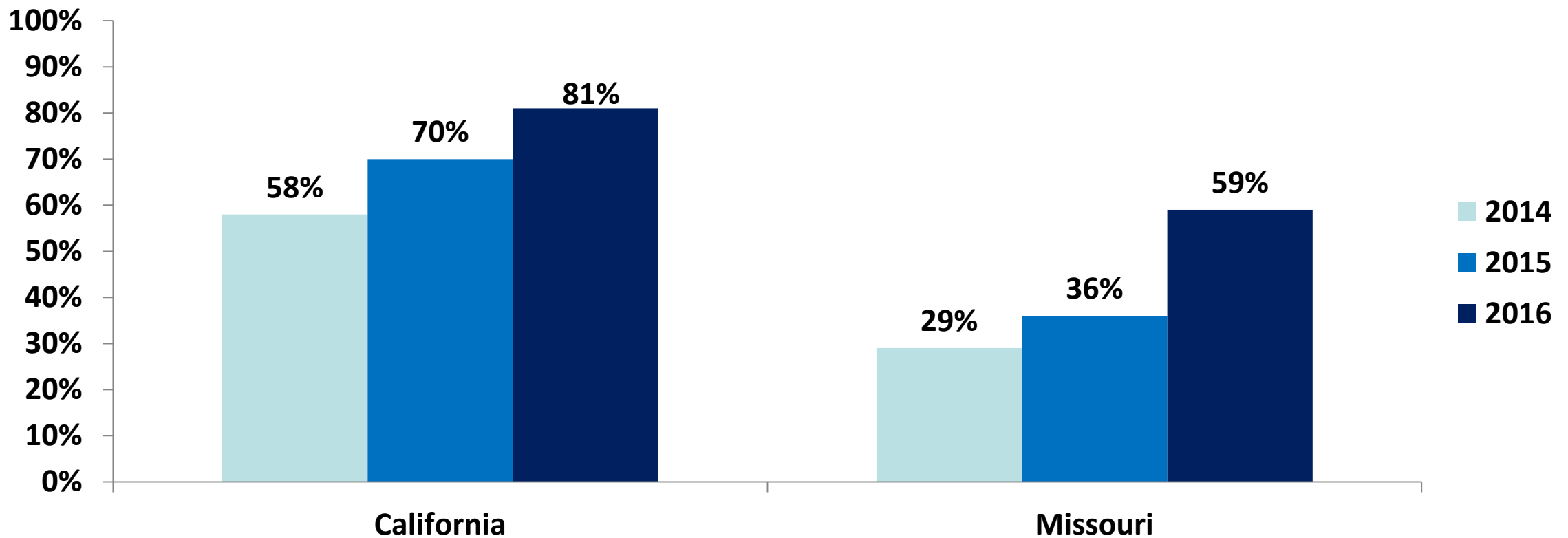
# Progress in Hospital Antibiotic Stewardship Programs





# California and Missouri Antibiotic Stewardship Programs

Percentage of acute care hospitals in state reporting an antibiotic stewardship fully meeting CDC's Core Elements, 2014–2016



# Core Elements of Antibiotic Stewardship

## ➤ Value of CDC's Core Elements in policy making

- Provide a baseline consensus among the various stakeholders when developing policies
- Maintain consistency across the various policies developed and implemented
- Reduce the likelihood of creating additional or contradictory requirements among the various policies



# Hospital and Outpatient Core Elements for Antibiotic Stewardship

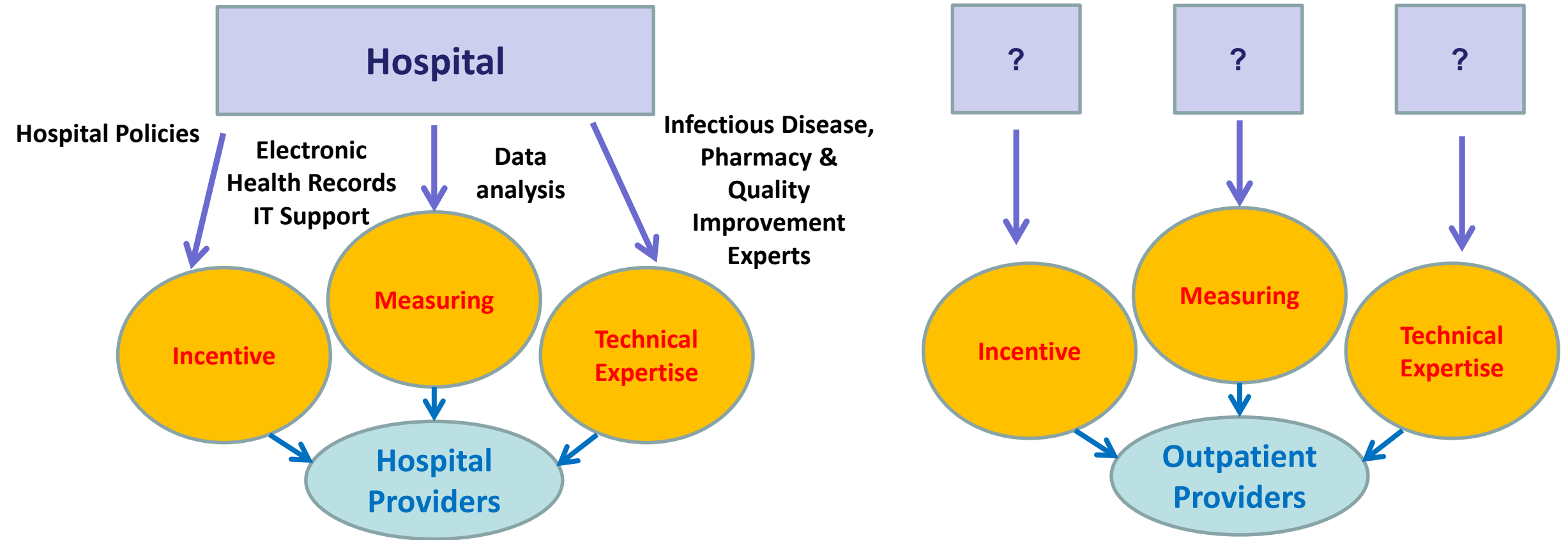
## ➤ Hospital Core Elements

- Leadership commitment
- Accountability
- Drug expertise
- Action
- Tracking
- Reporting
- Education

## ➤ Outpatient Core Elements

- Commitment
- Action for policy and practice
- Tracking and reporting
- Education and expertise

# Translating Stewardship from Hospitals to Outpatient Settings



# Aetna Antibiotic Prescriber Outreach Program

- **Analyzed claims data**
- **Identified 1,115 clinicians who prescribed antibiotics to at least 50% of patients with acute bronchitis**
- **Sent letters signed by chief medical officer and included CDC's guidance on acute bronchitis management**



# American Academy of Pediatrics

## Judicious Use of Antibiotics Pilot Project

- **Collaboration with CDC**
- **6 pediatric practices in Virginia**
- **Quality Improvement project to**
  - Reduce antibiotic use for viral upper respiratory infections
  - Improve appropriate use for otitis media (middle ear infection)
  - Educating families
- **Insurer incentivized participation through rewards**
- **Demonstrated improvements in prescribing**

# State Level Outpatient Antibiotic Stewardship Activities

## ➤ **Illinois Department of Public Health: Precious Drugs and Scary Bugs**

- Commitment poster display in exam rooms
- Education webinars

## ➤ **Utah Department of Health**

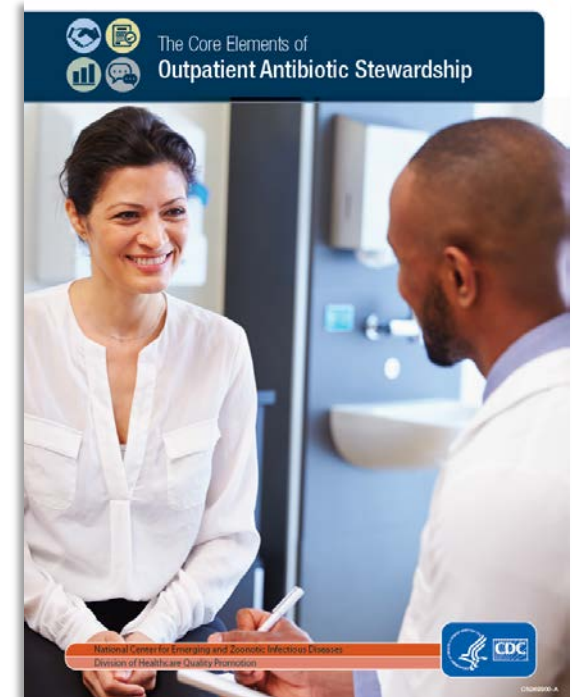
- Public sharing of antibiotic prescribing rates for acute bronchitis by clinics
- Analyzed from All Payer Claims Database



# Quality Innovation Networks and Quality Improvement Organizations

- Centers for Medicare and Medicaid Services (CMS) tasked the QIN-QIOs to implement CDC's Core Elements of Outpatient Antibiotic Stewardship

Total Recruited Facilities	7,629
Physician practices	5,948
Hospital Emergency Departments	748
Standalone Emergency Room/Urgent Care	470
Others	463



CMS data as of January 2018

# Outpatient Antibiotic Stewardship

- **Developing comprehensive policies for outpatient antibiotic stewardship**
  - Assessing the resource and capacity gaps at the provider or practice level
  - Identifying stakeholders best positioned to fill the resource gaps
  - Identifying incentives for providers and practices to adopt antibiotic stewardship

**U.S. ANTIBIOTIC  
AWARENESS WEEK**  
November 12-18, 2018  
[www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use)



**BE  
ANTIBIOTICS  
AWARE**  
SMART USE. BEST CARE



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# CDC PUBLIC HEALTH GRAND ROUNDS

## Be Antibiotic Aware: Smart Use, Best Care



May 15, 2018